Safe Drug Disposal For The Homebound

OFA has regularly called for older adults to safely dispose of their unwanted and outdated medications, lest they wind up in the wrong hands or in our water supply. You can find a list of safe disposal sites in Dutchess County on Page 5 of this newsletter.

But for the homebound older adults of Dutchess County, there’s an obstacle: They’re unable to get to a safe drug disposal site; as a result, their medications take up more and more space.

Nothing good can come of this. Flushing medications down the toilet runs the risk of contaminating both drinking water supplies and the natural environment. Throwing medications in the trash may not be good enough: a person with addiction can easily be desperate enough to fish through the trash. Leaving these meds in the cabinet will also raise the risk of medications falling into the wrong hands, and adds confusion for the older adult as to which medications are or aren’t currently prescribed. It’s an especially tricky process for homebound older adults trying to keep track of the many medications that are typical in situations like theirs.

That’s why Dutchess County OFA has joined the New York State Office for the Aging (NYSOFA) and Office of Addiction Services and Supports (OASAS) in distributing environmentally sound Deterra drug deactivation and disposal pouches to homebound older adults in our Home Delivered Meals program. These pouches are designed to render medications inert, and the pouches can be disposed of in regular household trash. We’re sending Deterra pouches to homebound participants in our Home Delivered Meals (HDM) program. If a Dutchess resident you know is over 60 and homebound, and wishes to participate in the HDM program, contact OFA at 845-486-2555.
OFA Friendship Centers

**BEACON** (open Mon-Fri)
845-838-4871
1 Forrestal Heights, Beacon

**EAST FISHKILL** (open Mon-Fri)
845-226-3605
East Fishkill Community Center
890 NY 82, Hopewell Junction

**MILLERTON** (open Mon-Thu)
518-789-3081
North East-Millerton Library Annex
28 Century Blvd., Millerton

**PAWLING** (open Tue-Thu)
845-855-9308
Town Hall Annex
154 Charles Colman Boulevard, Pawling

**CITY OF POUGHKEEPSIE** (open Mon-Fri)
845-486-2564
Dutchess County Office for the Aging
114 Delafield St., Poughkeepsie

**RED HOOK** (open Mon-Fri)
845-475-1129
Red Hook Community Center
59 Fisk St., Red Hook

**SOUTH AMENIA** (open Mon-Thu)
845-275-2661
First Presbyterian Church
229 South Amenia Road, Wassaic

**TRI-TOWN** (open Mon-Thu)
(LaGrange, Pleasant Valley, Town of Poughkeepsie)
845-275-8565
1576 US 44, Pleasant Valley

*All centers open 10 a.m. - 2 p.m.
except City of Poughkeepsie, open 9 a.m. - 2 p.m.*

More at dutchessny.gov/OFANutrition

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Subscribe to OFA E-News

To receive OFA weekly Aging News newsletters in your email, send an email to

bjones@dutchessny.gov

You’ll receive our weekly newsletter every Friday, along with every issue of THRIVE60+ and the annual Medicare Spotlight. You’ll also receive monthly newsletters from OFA’s Nutrition division.

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THRVIE60+
(formerly Spotlight on Seniors)

Marcus J. Molinaro — County Executive
Todd N. Tancredi — Director, Office for the Aging
Brian Jones — Editor, THRIVE60+

Dutchess County Office for the Aging
114 Delafield St., Poughkeepsie NY 12601
845-486-2555 / toll free 866-486-2555

Email: ofa@dutchessny.gov
Web: www.dutchessny.gov/aging

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Five issues published annually, including a Medicare-focused edition in September.

To be added to or removed from our mailing list, call 845-486-2544 or email bjoness@dutchessny.gov.
Year-Round Volunteer Opportunities

Volunteers are “the straw that stirs the drink” for the Office for the Aging. If you received this THRIVE60+ newsletter in the mail, it was prepared for mailing by an OFA clerical volunteer. Our Home Delivered Meals can’t get from our central kitchen to the residences of homebound adults from Millerton to Pawling to Tivoli to Beacon without volunteers.

Thousands of Dutchess County older adults have a better understanding of how their health insurance works, thanks to trained and state-certified volunteers from HIICAP, the Health Insurance Information, Counseling and Assistance Program. Many of the people who help at OFA Summer Picnics and other events are volunteers. The leaders of OFA’s many exercise groups? Volunteers.

And everyone’s tax bills are lower, thanks to volunteers. The New York State Office for the Aging (NYSOFA) estimates that the combined work of volunteers over age 55 in New York has an annual economic value of $13.9 billion. For the volunteers in Dutchess who work with OFA and other volunteer-based organizations, it’s over $250 million.

You can help, too.

A key need through the colder months will be volunteer drivers in our Home Delivered Meals (HDM) program. Hundreds of homebound older adults in Dutchess County rely on HDMs for a nutritious midday meal, up to five days a week - and in some cases, the HDM volunteer driver may be the only social contact an older adult has in a given day.

If you’d like to volunteer your driving skills on behalf of the HDM program, we’ll work around your schedule and where you prefer to drive. If you can only volunteer one day a week, no problem. If you use your own vehicle for deliveries, mileage reimbursement is available and has been increased this year due to higher fuel prices.

If you’d prefer to help out at one of our OFA Friendship Centers, we can arrange for that as well. If you have a unique skill in music or the visual arts, or can talk at length on topics of local interest, you could find a welcome audience at a Friendship Center near you. You’ll find a listing of locations and hours on Page 2.

You can find a printable OFA volunteering brochure and signup at dutchessny.gov/aging, or you can contact OFA to find out more.

If your schedule and OFA’s don’t quite mesh, we can point you to other volunteering opportunities throughout the county. Here are just a few:

• The Hudson Valley CA$H Coalition and AARP Foundation Tax-Aide needs volunteers to serve as tax preparers and other volunteer roles in 2022-23. You’ll help low and moderate-income neighbors receive free, reliable tax assistance and secure all the refunds and credits available to them. If you have prepared personal income taxes in the past and are looking for a rewarding way to use these skills, consider volunteering. There are many other volunteer opportunities that do not include knowledge of tax preparation. Free training provided for all roles with IRS certification. For more information, contact Linda Eddy at 845-475-7500 or leddy@dutchesscap.org.

• North East Community Center (Millerton) is looking for transportation, delivery and pantry assistance. (neccmillerton.org or 518-789-4259)

• Friends of Seniors (Poughkeepsie) seeks volunteers for non-emergency medical transportation and other basic supports. (friendsofseniors.org or 845-485-1277)

• Pawling Resource Center is in need of transportation, clerical and pickup/delivery volunteers. (pawlingresourcecenter.org or 845-855-3459)

• Retired and Senior Volunteer Program (RSVP) recruits, trains, and places volunteers at community-based organizations throughout the county. (rsvp@dutchesscap.org or 845-452-5104)
Avoiding Repeat Hospital Trips

A trip to the hospital for a medical emergency may save your life, but it’s probably not an experience you or the person you care for would want to repeat. We’re aware that many frail older adults can feel unsafe in their own homes, especially when returning there after a hospital stay. And yet many of these individuals do find themselves returning to hospitals and emergency rooms.

To avoid return trips, and improve peace of mind as well as health, we have four areas that can serve as a good place to start:

1) Measure your risk
Health care professionals use tools to identify which older adults are most likely to return to an emergency department after leaving the hospital. It’s information that could help you as well. Older adults and their caregivers can advocate for themselves, simply by asking about the risk for repeat hospital visits.

2) Have a care plan ready before discharge
Don’t go home from the hospital without asking healthcare providers about what kind of plan will meet an older adult’s unique needs as they continue their recovery. The Office for the Aging can be a key part of planning a senior’s successful recovery, which is why we’ve been coordinating with care teams throughout the county. As this effort continues, and as the county’s older adult population continues to grow, we plan to see more Dutchess older adults and residents seek out OFA services.

3) Get the pharmacist in the mix
An older adult taking multiple medications is at risk of drug interactions that lead to serious side effects. The term for this is “polypharmacy.” Having a pharmacist review medications can help align the timing and dosage of medications for desired effectiveness. If a change in medications is ordered, the Office for the Aging can direct you to local resources where you can safely dispose of the medications that are no longer needed - in fact, there’s a disposal-site list on the next page.

4) Listen to that wake-up call
If the hospital visit was unplanned, a combination of lifestyle factors may have led them to their current situation. It’s never too late to quit smoking, improve diet and exercise, and eliminate other substance use. These changes will improve your quality of life and keep you away from the ER. The Office for the Aging’s website (dutchessny.gov/aging) has plenty of tips available. Look for the “Nutrition Services” and “Health and Wellness” sections to find out more.

The website gives you a broad look at OFA services. Contacting us helps you complete your preparation, to ensure that no need goes overlooked. We’re at 845-486-2555, and available via email at ofa@dutchessny.gov.
Have out-of-date or unused medications?
Clean out your medicine cabinet and help prevent drug abuse

Drop boxes are available in 11 locations throughout Dutchess County, offering residents places to safely and anonymously dispose of unused, unwanted, controlled substances, over-the-counter and prescription medications, keeping these harmful substances out of the environment, as well as the hands of those who would abuse them.

Drop boxes are available 24 hours a day, seven days a week, unless indicated otherwise below.

Any unused prescription medications, medicated ointments, over-the-counter medicines, and inhalers may be disposed of.

Hazardous materials and sharps/needles are not accepted.
Pharmacies and medical providers are not allowed to take part in the program.

For more information, contact OFA at **845-486-2555** or **ofa@dutchessny.gov**.

<table>
<thead>
<tr>
<th>Location</th>
<th>Address/Location</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Beacon Police</td>
<td>1 Municipal Plaza</td>
<td>available 24/7</td>
</tr>
<tr>
<td>Dutchess County Law Enforcement Center</td>
<td>108 Parker Ave., Poughkeepsie</td>
<td>available 24/7</td>
</tr>
<tr>
<td>East Fishkill Police</td>
<td>2468 NY 52, Hopewell Junction</td>
<td>available 24/7</td>
</tr>
<tr>
<td>Hyde Park Police</td>
<td>3 Cardinal Rd</td>
<td>available 24/7</td>
</tr>
<tr>
<td>New York State Police, Troop K Headquarters</td>
<td>2541 NY 44, Salt Point</td>
<td>available 24/7</td>
</tr>
<tr>
<td>Pawling Substation, Dutchess County Sheriff’s Office</td>
<td>9 Memorial Ave.</td>
<td>Call 845-486-3800 for assistance</td>
</tr>
<tr>
<td>Town of Poughkeepsie Police</td>
<td>19 Tucker Drive, Poughkeepsie</td>
<td>available 24/7</td>
</tr>
<tr>
<td>Millerton Police</td>
<td>5933 North Elm Ave. (NY 22)</td>
<td>Mon-Fri 9a-4p, Sat noon-midnight, Sun 4p-midnight</td>
</tr>
<tr>
<td>Red Hook Police</td>
<td>7467 South Broadway</td>
<td>Daily, 8a-midnight</td>
</tr>
<tr>
<td>Rhinebeck Police</td>
<td>76 East Market St.</td>
<td>Daily, 7a-11p</td>
</tr>
<tr>
<td>Wappingers Falls Police</td>
<td>2628 South Ave.</td>
<td>available 24/7</td>
</tr>
</tbody>
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2022 OFA Summer Picnics

Pictures from all 12 OFA Picnics at dutchessny.gov/OFApicnics

12 picnics, 4000+ lunches... and lots of smiles!
OFA Senior Prom
Silver Anniversary
Monday, October 24th • Noon - 4 pm
Villa Borghese
70 Widmer Rd., Wappinger

Featuring the music of the full Bob Martinson Band
Co-hosted by The Pines at Poughkeepsie

Full Buffet Lunch! Dancing! Prizes!
$20 per person if paid by October 7th; $30 per person after

People wishing to sit together MUST send their checks in together, with the names of everyone you are paying for. Each table seats a maximum of 10. Use a separate sheet of paper as needed to include your complete list of guests.

Mail your check(s) along with this form to:
Office for the Aging, 114 Delafield St., Poughkeepsie NY 12601

Sorry, no refunds. Guests’ names will be on a list at check-in; tickets will not be issued.

(Please print!)

Name(s) ________________________________________________________

FULL Address ____________________________________________________

Phone ________________ Email (if any) ______________________________

Please reserve _______ seats together at $30 each ($20 each before 10/7/22)
Current Resident Or

To:

Your Voice Counts!

Be Heard at OFA Public Comment Forums

Tuesday, October 4th, 10:30 am
Poughkeepsie OFA Friendship Center
114 Delafield St.

Friday, October 7th, 10:30 am
Beekman Recreation Center
29 Recreation Center Rd., Poughquag

Contact OFA for more information

For more information about the Dutchess County Office for the Aging, visit us online at dutchessny.gov/aging email ofa@dutchessny.gov call 845-486-2555 or 866-486-2555 or mail Dutchess County Office for the Aging 114 Delafield St. Poughkeepsie NY 12601

We’re open 9 a.m. to 5 p.m. Monday through Friday.